INFORMATION FOR THE PRESS

U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
AUGUST 7, 1931 (FRIDAY)

THE MARKET BASKET

by

the Bureau of Home Economics,
U. S. Department of Agriculture, and
the Woman's Division of the
President's Emergency Committee for
Employment

FAMILY FOOD GUIDE

Every meal	Milk for children, bread for all.
Every day	Cereal in porridge or pudding.
	Potatoes.
	Tomatoes (or oranges) for children.
	A green or yellow vegetable.
	A fruit or additional vegetable.
	Milk for all.
Two to four times a week--	
	Tomatoes for all.
	Dried beans and peas or peanuts.
	Eggs (especially for children).
	Lean meat, fish or poultry, or cheese.

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The thrift and culinary skill of the German housewives are in themselves sufficient to recommend their special dishes to all persons living by the low cost food guide developed by the Bureau of Home Economics, U. S. Department of Agriculture. In addition to being appetizing, the typical German meals are especially nutritious and filling, three necessary requisites when the food budget is

restricted, the bureau points out. Although there are many German dishes that delight the fastidious taste of the gourmet, there are also many of homely origin and consequently inexpensive and simple to prepare.

Whether the food is elaborate or plain, German housewives watch expenses. They also give meticulous attention to the preparation with cleanliness as the foundation on which they begin to work. Hands, kitchen, pots and pans, and tableware all come in for their share of scrubbing and polishing, and all washable foods and ingredients are rinsed and scrubbed before the meal is started.

The cooking process, itself, is deliberate and well planned. Disorder is as alien to the German kitchen as is dirt. And the right kind and size of cooking utensil is as important to them as any other step in food preparation. But their zeal in avoiding undercooking sometimes leads them into overcooking. With the present day knowledge of the various necessary elements contained in foods, some of which are destroyed by wrong cooking methods, some of the German time schedules should be modified, the bureau says.

The Germans are fond of sour and highly spiced food, typical of which are sauer kraut, pig's knuckles, and frankfurters--the sausages which take their name from that ancient Prussian city which dates back to the 12th Century. The frankfurter is not, however, so ancient in origin and is a comparatively recent innovation of spiced meat in a sausage casing--perhaps best known in this country as the "hot dog." The native German variety is usually shorter, fatter, and much more moist than the one made here.

When fats are needed in cooking the Germans prefer butter, except for meats and dishes which must remain in the oven a long time. Then they choose kidney fat for it does not brown so easily as butter. Goose grease, lard, and some olive oil are used also.

Noodles and dumplings are served frequently and in many different ways, including soups, meat dishes, and desserts. German desserts are, as a rule, very sweet and rich with nuts, spices and fruits. At times, they serve small pan cakes much as we do, but most recipes call for baking them in butter in one or two large cakes. "Berlin Pfannkuchen" is not a pancake at all as we know it but really a doughnut with jelly on the inside. After cooking, these are dusted with powdered sugar and cinnamon.

The following one-day menu is truly German, from the coffee cake at breakfast to the cottage cheese cake for supper. Most persons will find the cabbage and mutton combination entirely new and especially appetizing. When this meal was tested in the bureau, as are all recipes before being recommended, the tantalizing odors which came from the kitchens brought many members of the staff into the laboratory to see what was being cooked. This particular dish is native to Mecklenburg and once it is eaten, it is bound to be a favorite with all who are fond of cabbage and lamb. The spices and seasonings, with which it is cooked, blend with the other ingredients and result in a flavor which is distinctly different. The sour potatoes with bay leaves is a dish probably not so alien to the American table but it offers a pleasant contrast to the usual boiled or creamed potatoes.

All of the lamb broth is not used at noon, so some of it is utilized for the evening meal for cooking the carrots. It lends a distinctive flavor to the carrots and has the additional advantage of doing away with the necessity for adding butter or making a cream sauce.

Recipes are included for all these German dishes which serve five persons.

A FAMILY OF SIX ADULTS
should buy every week:

Bread	30 - 35 pounds
Flour	6 pounds
Cereal	5 - 10 pounds
Whole fresh milk	8 - 24 quarts
[illegible] or [illegible]	cans
Canned unsweetened milk	8 - 24 tall /
Potatoes	20 - 30 pounds
Dried beans, peas, peanut butter	$1\frac{1}{2}$- $4\frac{1}{2}$pounds
Tomatoes, fresh or canned, or citrus fruits	9 - 10 pounds
Other vegetables (including some of green or yellow color)and inexpensive fruits	30 - 40 pounds
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	6 pounds
Sugar and molasses	7 - 8 pounds
Lean meat, fish, cheese, eggs	8 - 14 pounds
Coffee	$1\frac{1}{2}$ pounds
Tea	3/8 pound

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MENU FOR ONE DAY

Breakfast

Green Apple sauce
(Cooked cereal)
Coffee cake
Coffee

Dinner

White cabbage with mutton
(Mecklenburg style)
Sour potatoes with bay leaves

Supper

Carrots in broth
Lettuce with oil and vinegar
Cottage cheese cake
coffee

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RECIPES

White Cabbage with Mutton or Lamb

2 pounds breast mutton or lamb
1 quart water
1 large head cabbage
3 long thin slices salt pork
3 teaspoons salt
1/8 teaspoon white pepper
2 tablespoons finely chopped onion
8 or 10 cloves

Wipe the meat and cut in medium sized pieces. Add to the water, partly

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FAMILY FOOD GUIDE

Every meal---	Milk for children, bread for all.
Every day---	Cereal in porridge or pudding.
	Potatoes.
	Tomatoes (or oranges) for children.
	A green or yellow vegetable.
	A fruit or additional vegetable.
	Milk for all.
Two to four times a week--	
	Tomatoes for all.
	Dried beans and peas or peanuts.
	Eggs (especially for children)
	Lean meat, fish, or poultry, or cheese.

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Try serving the ordinary garden varieties of vegetables in new and different ways is the timely cooking suggestion from the Bureau of Home Economics of the United States Department of Agriculture.

August is the month when so many different vegetables appear on the markets and it is perhaps the month when many of them are cheapest, the bureau points out. Instead of preparing vegetables in the routine fashion the bureau suggests some new combination dishes that will add zest to flagging appetites.

More than 30 different ways of serving inexpensive vegetables are listed in the bureau's new publication, "Aunt Sammy's Radio Recipes Revised," which may be had free on request to the bureau. This is not intended to be a complete cookbook, but it contains 400 recipes which, if not all in the low cost group, are concerned mostly with moderate rather than with high priced foods.

Carrots, for instance, are one of the foods which nitritionists recommend for children. But many mothers find that their offspring do not share the same enthusiasm for this attractive looking vegetable. The bureau suggests serving them fried with apples-- a way in which all members of the family are sure to enjoy them. If properly cooked, all but very young children may enjoy this dish. Then there are mashed carrots, in which evaporated milk may be used if rich fresh milk is not available.

Cucumbers are inexpensive and plentiful right now. Most persons serve this succulent vegetable only as a salad but it is delicious when baked or fried. Egg plant is another vegetable that usually appears in only one form-- fried. Stuff it some time, and serve it as the main dish of the meal, or scallop it with tomatoes and green pepper, the bureau suggests.

Potatoes, which are cheap this year, needn't always be fried, baked, or boiled. In tomato sauce they take on quite a new air and the combination is particularly good from a nutrition standpoint. Raw potatoes may be scalloped with cheese, and left over cooked ones may be utilized in an au gratin dish.

As for the sweetpotatoes, sweetpotato puff is new and not at all difficult to make. Scalloped with green apples or pineapple the sweetpotato is very different from the baked or candied sweetpotato.

Sweet corn is at its best in many sections of the country during August, but it need not always be served on the cob. And even if it is, a little different flavor can be achieved by leaving the last under layer of husk on the ears while cooking. This is a little culinary trick of the creoles, whose enviable reputation

for fine cooking has travelled far afield from the bayous of Louisiana. Left over corn on the cob may be mixed with tomato and cheese and served on toast-- a dish as tasty and easy to prepare as one could wish for on a hot day.

There is also a mixed vegetable loaf to be found in the bureau's cook book that utilizes little odds and ends that may be left over and which are not enough in themselves for another meal. Such vegetables may be similarly utilized in an au gratin combination.

A FAMILY OF FIVE
including
father, mother, and three children should buy every week:

Bread	12 - 16 pounds
Flour	1 - 2 pounds
Cereal	4 - 6 pounds
Whole fresh milk	23 - 28 quarts
or	
Canned evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 pounds
Dried beans, peas, peanut butter	1 - 2 pounds
Tomatoes, fresh or canned, or citrus fruit	6 pounds
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 pounds
Fats, such as bacon, butter, lard, margarine, salt pork, etc.	$2\frac{1}{2}$ pounds
Sugar and molasses	3 pounds
Lean meat, fish, cheese, eggs (8 eggs approximate 1 pound)	5 - 7 pounds
Eggs (for children)	8 eggs
Coffee	1 pound
Tea	$\frac{1}{4}$ pound

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MENU

Breakfast

Fruit
Cooked Cereal
Coffee - Milk

Dinner

Tomatoes, Corn, and Cheese
Sweet Potato Puff
Chocolate Cornstarch Pudding

Supper

Fried Carrots and Apples
Egg Salad
Iced Tea Milk(for children).

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RECIPES

(These recipes serve five persons)

Tomatoes, Corn, and Cheese

3 tablespoons flour
3 tablespoons melted butter or other fat
2 cups canned tomatoes
1 onion, sliced
2 cups canned or fresh corn
2 teaspoons salt
1/4 pound sharp cheese, shaved thin

Brown the flour in a heavy skillet, remove the flour from the skillet and blend with 2 tablespoons of the fat. Brown the onion in the remaining fat, add the other ingredients except the cheese, and cook for about 10 minutes. Stir in the cheese and when melted serve on thin crisp toast.

Sweetpotato Puff

5 or 6 medium-sized sweetpotatoes
2 eggs
1 teaspoon salt
2 tablespoons melted butter
2 tablespoons hot milk

Boil the sweetpotatoes. When tender remove the skins and any discolored parts, and press the sweetpotatoes through a ricer. There should be about 1 quart of the pulp. Beat the yolks and whites of the eggs separately. To the sweetpotato add the yolks, fat, milk, and salt, beat well, and fold in the well-beaten whites. Pile the mixture lightly into a greased baking dish and bake in a moderate oven (350°F.) for 45 minutes, or until light and fluffy and brown on the top.

Chocolate Cornstarch Pudding

6 tablespoons cornstarch
4 tablespoons cocoa, or 1 square unsweetened chocolate melted in the milk when heated
½ cup sugar
¼ teaspoon salt
1 quart milk
1 teaspoon vanilla

Mix thoroughly the cornstarch, cocoa, sugar, and salt. Pour into this mixture the milk, which has been heated in a double boiler. Return to the double boiler, stir until thickened, cover, and cook for 20 minutes. Remove from the fire, beat well, and add the vanilla. Pour into a wet mold, chill, and serve plain or with a custard sauce.

Fried Carrots and Apples

6 medium-sized carrots
6 tart apples
2 tablespoons fat
1 tablespoon sugar
¼ teaspoon salt

Scrape the carrots and cut them lengthwise into thin slices. Pare the apples or leave the skin on, as preferred, core, and cut into slices about a fourth of an inch thick. Place a single layer of the apples and the carrots in a large skillet with the fat. Cover tightly and cook until well-browned, turn, and brown the other side. Just before the cooking is finished, sprinkle with the sugar and salt. Serve on a hot platter, first a layer of carrots, then a layer of apples, so the two can be lifted together.

Potatoes in Tomato Sauce

1 quart potatoes, sliced
1 onion, sliced
4 tablespoons butter or other fat
3 cups strained tomato juice
2 teaspoons salt
Pepper

Cook the potatoes and onion in the fat for 20 minutes, add the tomato juice, salt, and pepper, cover, and simmer for 30 minutes, or until the potatoes are tender. The potato thickens the tomato juice so that no other thickening is necessary.

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by

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FAMILY FOOD GUIDE

Every meal	Milk for children, bread for all.
Every day	Cereal in porridge or pudding.
	Potatoes.
	Tomatoes (or oranges) for children.
	A green or yellow vegetable.
	A fruit or additional vegetable.
	Milk for all.
Two to four times a week --	
	Tomatoes for all.
	Dried beans and peas or peanuts.
	Eggs (especially for children).
	Lean meat, fish or poultry, or cheese.

This year the peach crop is the largest in the history of the country and right now, while the fruit is in surplus, it should be utilized to the fullest extent by homemakers, says the Bureau of Home Economics, U. S. Department of Agriculture. In the city markets the prices are attractive enough to warrant a liberal use of peaches in the daily diet. For those who have access to the orchards, peaches can be bought so cheaply by the bushel that it is a

real inducement to do some canning and preserving.

Most children, at some time or other, have wanted to eat a peach kernel only to be told that it was poison. Peach kernels smell so much like almonds that it would seem that they, too, were edible just as they come from the stone. The reason for this similarity is a natural one, for the wild almond is the ancestor of the peach, the cultivated almond, plum and the nectarine. Just where the peach, as we now know it, was first grown is not known. But it has been cultivated in Persia and China from time immemorial. The Arabian Nights make frequent mention of peaches along with other foods, perfumes, jewels and fabrics in which its characters delighted. Even then it could not have been the delicious fruit it now is, for through the intervening centuries the varieties have been continually improved to their present luscious stages.

Fresh peaches are a source of vitamins A, B, and C and, in mineral content, rank higher than many popular fruits.

Because peaches can be raised successfully in all temperate climates they are available in August in all parts of the United States. The common varieties are usually classified as white and yellow fleshed and both types are divided again into freestone and clingstone. The use to which the peach is to be put determines the choice of variety. For instance, the white clingstone peach that appears in the markets in the late summer makes the best preserves and pickles. It holds its shape and does not cook up so readily as many of the other kinds do. Jams and marmalades, on the other hand, require varieties which do break apart easily when cooked. The yellow freestone is usually preferred for canning and broiling.

Peaches lend themselves to such a variety of uses that they can be served three times a day and yet not be monotonous. Fresh sliced peaches for breakfast are not dependent on cream for their enjoyment. Many persons prefer

them just as they are without either sugar or cream. The natural sweetness and flavor of the fruit is sufficient in itself to tempt the appetite. Although the flavor of a peach is not so distinctive that one needs to acquire a taste for it, yet its delicate freshness is capable of transforming a mediocre dish into something quite delectable. Sliced peaches with vanilla ice cream, peach ice or ice cream and peach mousse are not new by any means. But they gain rather than lose in popularity and favor by this very fact.

Broiled peaches are something new to many persons but they are easy to prepare, inexpensive and are excellent when served hot with fresh or cured pork or fowl. As a dessert they may be eaten either hot or cold. Peach cobbler, shortcake, dumpling, pie, and peach cream pie are 5 variations of our national dessert which are economical. Peaches may be used in practically any kind of pudding which calls for fresh fruit. A particularly delicious one is peach tapioca pudding which can even be served to the two year olds.

When the fruit must be bought, the bureau is hesitant at suggesting a sweeping program of canning or preserving. All costs should be considered. The fruit itself is plentiful and low in price, especially if it can be obtained either at the orchard or in markets near the source of production. And with so large a part of the country engaged in raising peaches this latter consideration is pretty well disposed of. But the incidental costs of the canning operation itself, including sugar, must be estimated carefully. Then if it seems to be economical there are many ways that peaches can be preserved for use when the fresh fruit is gone.

In addition to canned peaches the bureau includes in this group of recipes, one for marmalade and preserves, peach butter and pickled peaches. There are some new methods of preparation outlined in many of these recipes, some of which are quite different from the established ways of preparation. The bureau's collection of peach recipes will be sent free of charge to all who request them.

A FAMILY OF FIVE
including
father, mother, and three children should buy every week:

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk	23 - 28 qts.
or	
Canned evaporated milk	23 - 28 tall/ cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruit	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as bacon, butter, lard, margarin, salt pork, etc.	$2\frac{1}{2}$ "
Sugar and molasses	3 "
Lean meat, fish, cheese, eggs (8 eggs approximate 1 pound)	5 - 7 "
Eggs (for children)	8 eggs
Coffee	1 lb.
Tea	$\frac{1}{4}$ lb.

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MENU

Breakfast

Sliced Peaches
Cooked cereal with milk
Coffee (adults) Milk (children)

Dinner

Kidney Stew Fried tomatoes
Boiled carrots
Tea

Supper

Creamed mixed vegetables
Peach tapioca
Milk for all

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RECIPES

Peach Preserves

Select firm peaches, free from blemishes. (The White Heath Cling variety is one of the best for preserves.) Wash, and skin by dipping first in hot water and then in cold. Cut in uniform pieces, and weigh. To a pound of fruit use from 3/4 to 1 pound of sugar. Make a layer of the fruit in a large shallow dish and cover with a layer of sugar and allow to stand over night. In the morning stir the fruit, and then heat slowly until the sugar has dissolved. Cook rapidly until the peaches are tender and clear and the sirup is thick. The preserves may then be put into sterilized glass jars and sealed at once, or placed in shallow trays, allowed to stand overnight to plump, and then be reheated in the morning before they are put into the sterilized jars. Seal, label, and store.

Peach Marmalade or Jam

To each pound of the peeled and stoned fruit allow 3/4 of a pound of sugar. Let the sugar and raw fruit stand overnight to draw out the juice. Then cook slowly until the mixture is thick. During the cooking stir the jam frequently to prevent burning and toward the end slip an asbestos mat under the kettle. Pour the jam into hot sterilized glasses or jars and seal.

Pickled Peaches

8 pounds peaches
4 pounds sugar
2 quarts vinegar
4 2-inch pieces stick cinnamon
Cloves

Select firm white peaches either free or clingstone. Wash them well, and remove the thin skin with a sharp knife. Cook the vinegar, cinnamon, and sugar together for ten minutes or until a fairly thick sirup is formed. Add the fruit, after placing a clove or 2 in each peach. Allow the peaches to cook gently until tender, but not broken. Remove them from the sirup and then cook the sirup rapidly until thick. Pour over the fruit and let stand overnight. Drain and cook the sirup a second time. Fill sterilized jars with the peaches and cover them with the hot sirup. Seal, label, and store in a cool place. Allow the peaches to stand several weeks to develop flavor before serving.

Canned Peaches

Before preparing fruit make a thin sirup, 1 cup sugar to 3 cups water--or richer, if desired, 1 cup sugar to 2 cups water. Put in one cracked peach pit for every quart of sirup. Boil for five minutes and strain.

Immerse the peaches in boiling water for about one minute or until the skins will slip easily, plunge at once into cold water for a few seconds; remove the skins, cut the peaches into halves, and discard the pits. Or use the lye solution method of peeling (See Farmers' Bulletin 1471, Canning Fruits and Vegetables at Home, page 9). Some varieties of firm clingstone peaches require the lye-solution method for peeling. Pack at once, placing the halves in overlapping layers, the concave surface of each half being downward. Fill up the containers with boiling sirup. Process quart and pint glass jars for 30 minutes

in boiling water if the fruit is fairly firm and hard, or for 20 minutes if it is ripe and tender. Process half gallon glass jars for 40 minutes in boiling water if fruit is firm, or for 30 minutes if tender. Process No. 2 and No. 3 tin cans for 30 minutes for firm fruit, or for 15 minutes for tender fruit. See Farmers' Bulletin 1471 for further discussion of canning methods and equipment.

Peach Ice Cream

3 cups soft sliced peaches
1 cup sugar
1/4 teaspoon salt
2 cups single cream
1 tablespoon or more lemon juice, depending on the acidity of the peaches

Cover the sliced peaches with the sugar, and let stand for about half an hour. Press the fruit through a colander to form pulp. Add the salt, cream, and lemon juice. Use a freezing mixture of 1 part salt and 4 to 6 parts ice. Turn the crank of the freezer slowly. After freezing, remove the dasher, pack the freezer with more ice and salt, and let the cream stand an hour or more to ripen.

Peach Tapioca

1/4 cup quick cooking tapioca
1-1/2 cups hot water
1 cup sugar
1 tablespoon butter
1/2 teaspoon salt
2 tablespoons lemon juice
1 quart sliced peaches

Cook the tapioca and water in a double boiler for 15 minutes and stir frequently. Add the sugar, butter, salt, and lemon juice. In a greased baking dish make alternate layers of the tapioca and peaches arranged so that a layer of peaches is on top. Bake in a moderate oven for about 30 minutes. Serve hot or cold with cream.

Kidney Stew

1 beef kidney
4 cups diced potato
1 small onion, sliced
3/4 teaspoon salt
1 tablespoon flour
1 tablespoon melted butter or other fat
1 egg yolk
Chopped parsley
Few drops tabasco sauce
1 tablespoon lemon juice

Wash the kidney well, and remove the skin and most of the fat. Cover with cold water, heat slowly to the boiling point, discard the water, and repeat the process until there is no strong odor and no scum on the water. Then add about 1 quart of fresh water and simmer the kidney until tender. When the kidney is almost tender put the potatoes and onions on to cook in a separate sauce pan in a small quantity of water. Remove the kidney and cut into small pieces, reserving the broth. Then add the kidney and the salt. Thicken with the blended flour and fat, and cook for a few minutes longer. Stir some of the stew into the beaten egg yolk, mix all together, and add the parsley, tabasco sauce, and lemon juice. The heat of the stew will cook the egg sufficiently. Add the potatoes and serve at once.

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